Get to Know Whole Health at the Atlanta VA

- 1. Check-out the Virtual Whole Health Introduction and learn about 8 areas of your life that are key to your health and well-being. Reflect on what is important to you and begin the process of setting health goals that reflect what really matters to you!
- **2.** Attend additional virtual Whole Health classes and gain skills that will assist you in improving all aspects of your physical and mental health and relationships.
- **3.** Work with a Whole Health Coach who will provide coaching as you pursue your health and wellness goals.

Current Classes - All Virtual!

Introduction to Whole Health

Taking Charge of My Life and Health

Writing to Heal

Mindful Meditation

HeartMath-Resilience Training Tai Chi

Yoga

Cooking for Wellness

Food as Medicine

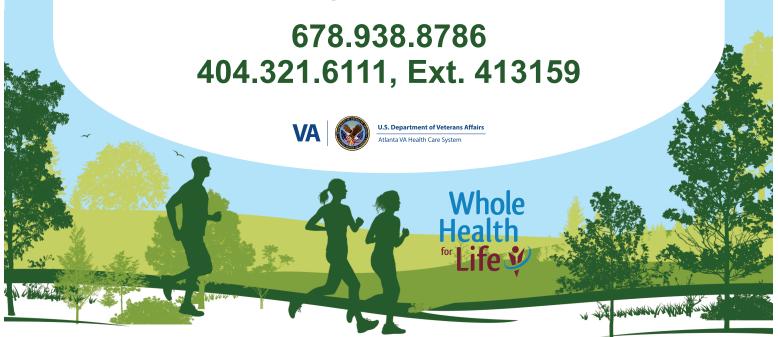
Health Promotion through Physical Activity Building Healthy Relationships

Adaptations to Increase Physical Activity

Getting to know Herbs & Supplements

Stress Reduction Basics

Call Today to Get Started



Whole Health Class Description

- Currently all Classes are Virtual -

Whole Health Introduction

This one time, 2-hour class will introduce you to the basic principles of Whole Health and 8 areas of your life that are most important as you work to improve your health and well-being. This class also begins the important process of selfreflection about what matters to you.

Both Co-Ed and Women's Only classes available.

Chair & Mat Yoga Weekly offering

Yoga is movement combined with breathing and helps make connection with our physical bodies, regulate the nervous system, and practice attention management. Yoga is traditionally practiced on a mat on the floor, but this class is adapted for chair practice.

Both Co-Ed and Women's Only classes available.

Basics of Stress Reduction

2-hour class

This class that introduces participants to essential components of stress reduction skills and helps Veterans to assess their skills in this area and how to utilize self-care in their lives.

Developing Healthy Relationships

4-week class

Veterans explore what is important to them about their relationships and what aspects of relationships are most meaningful. They will explore ways to maintain trust and good communication.

Adaptations

Want to be more physically active but concerned about limitations or the possibility of injury or increased pain? If so- then this class is for you. Work with to safely incorporate physical activity into vour daily routine.

Taking Charge of My Life and Health

This 4-week class is the follow up to Whole Health Introduction. Participants will discuss what changes you may want to make to maximize your health and well-being and explore further the question- "what matters most to you?"

Both Co-Ed and Women's Only classes available.

Mindfulness Meditation

7-week class

Class begins with a 1-hour introduction session after which you can sign-up for the 7-week Mindfulness Meditation

Mindfulness is the practice of bringing your attention to the present moment with openness and non-judgement. Mindful Meditation can help reduce insomnia, stress, chronic pain and depression.

Tai Chi Weekly

Tai Chi is a mindful moving meditation that incorporates regulating the breath, adjusting the posture, and helping your "Qi" flow. Rooted in ancient Asian traditions, Qi is your vital energy. When your Qi freely flows, you are balanced and healthy.

Writing to Heal

Meets once/week for 6 weeks

In this series you will examine the healing power of reflective writing. During each class we will explore; a different aspect of the connection between writing and healing, read and discuss a short piece of writing, and practice various types of expressive

Cooking for Wellness

Occurs monthly

This class focuses on the basics of healthy cooking with tips and strategies to improve your overall health and nutrition. You will learn to prepare simple delicious recipes.

Food as Medicine Two, 1-hour class

Your Food is Your medicine! Learn the basics of Nutrition including how much fiber and water you need, the basics of gut health, anti-inflammatory meal planning, as well as macronutrient, vitamin and minerals needs.

Heart Math/Resilience

HeartMath is a stress management system that will empower you to selfregulate emotions, reduce stress and increase resilience. Participants learn biofeedback techniques and receive a biofeedback device.

Health Promotion through Physical Activity

A nine-course series covering various topics as it relates to improving one's health by increasing physical activity levels. This course is designed to educate and empower Veterans to adopt a more active role in improving their quality of life.

- Introduction to musculoskeletal health & wellness
- Components of health and wellness
- Psychology of physical activity Influence of physical activity on
- cholesterol & diabetes Influence of physical activity on chronic stress & hypertension
- Low back pain and wellness
- Orthopedic joint replacements and physical activity

